**Pick It Boot Camp (Cardio Edition)**

Pick your favorite from 2 two choices and follow the area until you reach the end. Complete the exercises as indicated when you reach the last choice.

Lion King or Jumanji

Banana or Apple Game Stop or Target

Beach or Mountains Skittles or M&Ms Music or Art Baseball or Basketball

Pink or Blue Milk or Juice Hot chocolate or Chocolate milk Superman or Batman

Spell your full name while Challenge someone to a Turn on your favorite song.

You jump in the air for each letter “Mountain Climber to 50” race. Perform squats until the song is over.

Skip and touch 10 Blue objects Run as fast as you can for 30 seconds Bear walk to bedroom and back

in your house

Perform 10 Burpees Jump Rope for 2 minutes Run in place for 2 minutes